

TUSCANY SUN

OUR COMMUNITY'S VOICE

OCTOBER 2013

Brought to you by your Tuscany Community Association

**Off-Leash
Zones
in Tuscany**

**Municipal
Election
Political Forum**

**October 16
Tuscany Club**

**Great
Pumpkin
Giveaway**

**October 26
Tuscany Club Parking Lot**



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TUSCANY
community association
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Tuscany Community Association

P.O. Box 27030 Tuscany RPO
Calgary, Alberta T3L 2Y1

President Kelli Taylor
.....president@tuscanyca.ca
Vice President Darren Bender
.....webmaster@tuscanyca.ca
Treasurer Lee Bardwell
Executive Administrator
..... Jamie Neufeld
.....executiveadmin@tuscanyca.ca

TCA Committees

Youth Council

.....youth@tuscanyca.ca

Traffic and Safety Committee

.....traffic@tuscanyca.ca

Elected Officials

Alderman:

Dale Hodges
403-268-2445
dale.hodges@calgary.ca

MLA:

Sandra Jansen
403-826-1619
calgary.northwest@assembly.ab.ca

MP:

Rob Anders
403-292-6666
www.robanders.ca

Tuscany Sun Newsletter

Editor & Article Submissions:

Darren Bender
news@tuscanyca.ca

Associate Editor: Kelley Kissner

Submission deadlines for this monthly publication are the 5th of the month, prior to the distribution month.

Advertising Sales:

Phil 403-660-7324
phil@suburbanjournals.ca

The ad booking deadline is the 14th of the month prior to the distribution month.



This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from the Tuscany Club.

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In Our Community

TCA President's Report

In October, I always think a little more about what I am thankful for. One key item on my list is that we live in a democratic environment. Many people worldwide do not have the ability to elect their government, yet some residents in our city take their right to vote for granted. This year, there may be some lively discussions around the Thanksgiving dinner table about the upcoming municipal election.

Alderman Dale Hodges has been our municipal representative since 1983. As the longest-serving member of City Council, he has overseen every step of Tuscany's development. His knowledge of the history of our community and his ability to respond to concerns will be missed. After the election on Monday, October 21, we will have a new member of council. That person will now be called "Councillor" instead of "Alderman," and their term will be four years instead of the current three years.

Many people do not realize the municipal level of government often impacts us on a more personal level than the provincial or federal levels. Roads, transit, parks, utilities, development, traffic, and safety are some of the areas under our municipal government's jurisdiction. This election is an important event in our community and the wider ward. I encourage you to become informed about the candidates and to take the time to vote.

It is possible, although not probable, there may be a mayoral race during this election. If so, you will receive a separate ballot to select our city's mayor. A ballot will also be available for School Trustee.

The TCA and TRA are co-hosting a political forum starting at 7 p.m. on October 16 at the Tuscany Club, and I encourage you to attend. Everyone in Tuscany will be welcome—you do not need to be a member of the Tuscany Club to attend. This forum is a good opportunity to hear the Ward 1 candidates for City Council share their views and to assess who you think will best represent you.

On Monday, October 21, please make time to vote if you are eligible to do so. If you are unable to vote that day, there are advanced polls (October 9–13, 15, and 16), and mail-in (special) ballots are also an option. For more information, you may refer to the information on the City of Calgary's website.

- Kelli Taylor, President



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In Our Community

Editor's Message

One of the recent goals of the volunteer editorial team at the Tuscany Sun has been to solicit more contributions to our newsletter from residents of the community. We have been very pleased to see a significant increase in the submissions received, particularly community articles and Letters to the Editor. Please keep them coming in! Our newsletter is one of the few outlets we have to communicate local stories or information and to discuss issues within Tuscany. Certainly, the Tuscany Community Association uses the Sun as a way to convey important information to our residents (for example, new developments, such as when feedback is needed on plans to develop land or build cell towers in Tuscany). But the newsletter should also be a place where our residents and neighbours share their stories and tell us about what's going on in the community that is important to them.

If you would like to submit an article for consideration in the newsletter, we would love to hear from you. Our deadline is the 5th of each month, and our article submission guidelines can be found at <http://wp.me/aIBfk-et>. Once again, I would also like to encourage any photographers out there (experienced, amateur, or even cell-phone photographers!) to send us photos from within the community that we can use either for our newsletter covers or just to add some interesting content within the newsletter. So if you spot anything interesting while you are out and about in Tuscany, send it our way!

- Darren Bender
Editor

Alderman's Report

2013 Civic Election

The next civic election will be held on Monday, 21 October 2013. It is the last year of the three-year election cycle mandated by provincial legislation. After October 21, the new municipal election cycle will be four years. I announced on August 9 that I would not be seeking re-election in 2013. I believe that I have accomplished most of the goals and objectives established for me by the citizens of Calgary over the past thirty years. It has been a challenging and rewarding experience. I would like to express my thanks and appreciation to everyone who has encouraged and supported my efforts during my time as a member of City Council.

Bowness Park

In my article for the September issue of this newsletter, I provided some background information on the redevelopment and repair initiatives in Bowness Park. As everyone knows, the park has been closed since the June 2013 flood event. Bowness Park was one of the sites severely hit during the flood, and the Parks department has developed a schedule of phased opening dates starting in late fall 2013. The challenge is to open a portion of the park and ensure the area is safe for the public. The contractor is still in the process of repairing the various picnic areas and still has to pave the damaged asphalt and repair the washed-out gravel paths. The parking lot foundation was undermined, so there is limited parking available for the public.

With regards to winter skating, the lagoon is scheduled to open for skating by December 25. Work on the two control structures is slated to start in early-mid September. Parks has previously engaged consultants to

evaluate the damage to the structures, and designs are complete to restore the water flow and control through the channel and into the lagoon. Construction of the Lagoon Courtyard and concession building is currently underway, and they occupy the primary lagoon access point. Safe circulation through the site to the lagoon will be developed in December, once we confirm what areas are completed and what others remain under construction.

Thank you again for giving me an opportunity to represent you for all of these years.

- Sincerely,
Dale Hodges,
Alderman Ward 1

Thank You, Dale Hodges

After serving residents of Ward 1 for 30 years, Dale Hodges will be stepping aside as Alderman this year. To formally thank him, a banquet in his honour will be held on **November 2, 2013**, at the Varsity Community Association (4303 Varsity Dr. NW).

As a resident of Ward 1, you are invited to attend. Tickets are \$25 each and include a roast beef dinner and table wine. Tickets are available until October 25 and can be purchased at the Varsity Community Association office or reserved over the phone with a credit card at 403-288-9001. Only 200 tickets are available on a first-come, first-served basis. The Mayor is expected to attend, and the dress code will be business casual. We hope to see you there!

In Our Community

Letters to the Editor

To the Editor

In recent years, my wife and I have become concerned about the food we eat, especially after watching the Jamie Oliver campaign against chocolate milk in the Los Angeles school district. Since then, we have been writing to the Minister of Agriculture regarding our concerns over various food-industry practices, such as the use of transglutaminase to “glue” scraps of meat together—a practice that is not regulated in restaurants, the use of ammonium in the processing of ground beef, the use of growth hormones in beef cattle, and the use of nitrites in processed meats. I also recently learned about butylated hydroxytoluene (BHT). This compound is a preservative used in many cereals in North America but has been banned in Europe. It can also be found in some deodorants!

After a member of my family was diagnosed with cancer earlier this year, I decided to become an Ambassador for the Jamie Oliver Food Revolution (JOFR) for Calgary to help promote a healthier, better-informed outlook when it comes to the foods we eat. There are several articles on the campaign’s Facebook page (www.facebook.com/pages/Calgary-Alberta-Food-Revolution/387119821400008), ranging from news items to information from the Heart & Stroke Foundation, Alberta Cancer Foundation, and the Diabetes Association. The site also provides several recipes for quick healthy meals. The Facebook page is administered by myself and Sarah Curl, the lead for JOFR in North America.

If you are interested in participating in the Food Revolution, please “like” the Facebook page, and I will add you as a

member. News feeds are turned off, so if you want to share recipes and other food-related information, you will have to share them with the page.

- *Carl Machin, Tuscany Resident*

To the Editor

My husband passed away while I was pregnant with our third child, Brooke, back in December 1997. At the time, I was 27 years old, scared, broke, and an unemployed high school drop-out with a three year old disabled son, an 18 month old daughter, and a big pregnant belly holding who was soon to be another daughter. Despite having to deal with the emotional strain of being a young widow, I knew I would have to drastically change my life and finances in order to support myself and my children. It was inevitable that I would have to go back to school.

15 years later, a private investigator’s certificate, two university degrees, one pilot’s license, one little four-seater airplane, and a family law firm later, I can say without a doubt I achieved my goal of changing my life drastically and for the better. Many of my close friends and family helped me get to where I am today, and I am extremely grateful for same. I could not have endured without the support and assistance of my family and friends. Nor could I have attended university, and in particular law school, without the help of student loans and bursaries.

I always said, one day I would pay it forward and create a bursary in memory of my late husband that would help other mature students get the financial assistance they needed to get

them back into school and onto a better road.

I am happy to report that I am now in the process of setting up an endowment fund at the University of Calgary in an effort to establish the Gilles R. Morin Memorial Bursary. The bursary will help students in financial need who are single parents or have a child with special needs.

In order for the bursary to commence, I need to raise \$20,000 to start the endowment fund.

I am seeking the assistance of family and friends and members of the community to help me make this endowment fund and annual bursary a reality. Every dollar counts, and if you have anything to contribute at all, it would be very much appreciated.

Donations can be made out to the University of Calgary with “Gilles R. Morin Memorial Bursary” noted in the memo line and forwarded through my office (Resolve Legal Group - 440, 318 - 11th Ave SE, Calgary, Alberta, T2G 0Y2). The University of Calgary will issue a tax receipt for your donation. You may also donate online at <https://www.youcaring.com/Gilles.R.Morin.Bursary>, although unfortunately, we are unable to issue tax receipts for donations received on the website.

So far we have received more than \$12,000 in donations, but we still have much more to raise. I hope you will consider donating to a cause that will help parents in need.

- *Cyndy Morin, Tuscany Resident*

In Our Community

Off-Leash Zones in Tuscany

Parks, Public Spaces, and Off-Leash Dogs in Tuscany

The community association receives many inquiries and complaints about “neighbourly behaviour,” and a common one relates to off-leash dogs in our parks. Did you know that we only have two off-leash areas in Tuscany? Both areas are within 12 Mile Coulee Park immediately west of Stoney Trail. Maps and more information can be found at www.calgary.ca/CSPS/Parks/Pages/Locations/NW-parks/12-Mile-Coulee.aspx.

In all other public spaces in the community where dogs are allowed, they are required to be on a leash, even if the dog is mild-mannered and friendly. We have received messages from many residents with

children who fear dogs, and having an unfamiliar and uncontrolled dog run up to their kids can be a terrifying confrontation for many parents, not to mention the children.

The City of Calgary has a web page with information and answers to frequently asked questions about off-leash dog areas and parks at www.calgary.ca/CSPS/ABS/Pages/Frequently-asked-questions/Off-leash.aspx.

Here are some general tips for dog owners from that page:

- Keep dogs on their leash in all public places, unless it is designated as an off-leash area.
- Even in off-leash areas, dogs must be under their owner’s control at all times.



- On city pathways, dogs must always be on a leash, even within off-leash areas.
- For safety and health reasons, dogs are not permitted in school grounds, playgrounds, tot lots, sports fields, golf courses, cemeteries or wading or swimming areas at any time.

Our Schools

St. Sylvester

Hello from the staff and students of École St. Sylvester School.

Welcome back to another school year. The first month of school has passed, and we are in full swing right now. We would like to welcome our kindergarten students and all new students and staff to our school.

We are excited to be upon another year of great social and fundraising events, and of course, working with the amazing parent volunteers who bring all of these events to reality!

There are many things happening daily, and our classrooms seem to be filled with students having fun learning every day. We have dedicated a week in October for our grade 3 to grade 6 students to participate in netball, an English game that is a hybrid of basketball, soccer, and handball.

As well, Cyber Busters will be coming to our school to enlighten our students about cyberbullying. Cyber Busters uses humour and drama to educate our students about the negative effects of cyberbullying through Internet, e-mails, social networking, and text messages.

In celebration of this season of Thanksgiving, our school is sponsoring a food drive in support of the St. Vincent de Paul Society. All students are asked to bring non-perishable food items, which will be donated to this food drive.

Happy Thanksgiving from the staff and students of École St. Sylvester!

École St. Sylvester School is a place where caring, respect, responsibility, trust, and family are taught and lived! All parents are encouraged to register their children at our wonderful school. If you are not Catholic, please call us to enquire at 403-500-2063.

In Our Community



**Support Tuscany!
Buy Your Community Membership Today!**

Membership ...do you have your
Community Association membership yet?

Benefits of Membership

- A healthier and more enjoyable community through the provision of community sports and recreation activities like soccer – your membership contributes to the costs of operation
- Insurance coverage to participate in Community Association organized sports, such as soccer
- Discounted insurance rates - email president@tuscanyca.ca
- Up-to-date information about issues affecting you and the community through the Tuscany Sun and our website
- Effective representation and advocacy to external third parties about issues of concern to the community, including public health and safety, development and the natural environment
- Maintenance and preservation of the natural environment, including Twelve Mile Coulee
- A safer community through our advocacy on traffic and other safety issues
- Pride and a sense of community through participation in community activities

*YES! I would like to become a member of
the Tuscany Community Association*

**Go to www.tuscanyca.ca to register online
for your membership today!**

TUSCANY
community association

Your Tuscany Community Association

The TCA is a non-profit organization run by a core group of volunteers who are committed to the needs and constructive development of Tuscany and its community. The TCA has a broad mandate to represent the community to external stakeholders such as the City and to provide community sports programs. We also have an emphasis to preserve and protect the natural environments in Tuscany.

This year, the TCA is focusing its efforts on three broad goals: community cohesiveness, traffic safety and the development of youth programs in Tuscany. If you would like to participate in the development and implementation of these goals, the TCA is always looking for committed volunteers.

For more information, contact president@tuscanyca.ca or go to our website at www.tuscanyca.ca.



Tuscany club



Tuscany RESIDENTS ASSOCIATION

The Tuscany Club is operated by the Tuscany Residents Association (TRA) as a private recreation facility for the exclusive use of its members. For more information about the TRA, visit the FAQ section of our website, listed under the "Residents Association" banner at www.tuscany-connect.com.

Address

Tuscany Residents Association
212 Tuscany Way N.W.
T3L 2J6

Phone

403-241-6402

Hours of Operation

Park and Facility Hours:

Mon. to Sun. 9:00 a.m. – 10:00 p.m.

Office Hours:

Mon. to Sat. 9:00 a.m. – 4:30 p.m.
(closed 12:00 p.m. – 1:00 p.m.)

*closed October 12 and 14 for the Thanksgiving holiday

If You Are New To Tuscany Or Moved Within The Community... Read This!

- All new residents must visit the Tuscany Club office to register their home and be eligible for TRA benefits such as accessing the park and taking part in programs and events.

- If you move within Tuscany, you must also visit the office to update your account to remain current.
- Tenants must complete a transfer of privileges form from the homeowner to gain Tuscany Club privileges.
- Add your children to your account so they can enjoy our great programs.
- Update your email address to stay informed about Tuscany Club happenings.
- Any questions about TRA memberships can be directed to tuscanyclub@shaw.ca or call 403-241-6402.

Tuscany Club Features

Check out the current program guide online at www.tuscany-connect.com or pick up a copy at the Tuscany Club. We offer family special events plus sports, fitness, and recreation programs for preschoolers to seniors.

- Gymnasium
- Hockey rink and skating oval
- Fitness and dance studios
- 2 outdoor tennis courts
- Outdoor basketball court
- Wading pool and splash fountain
- Banquet and meeting rooms
- Playground

Rent Rooms at the Tuscany Club

Rooms are available for receptions, banquets, birthday parties, seasonal events, club and business meetings and more.

- Available only to TRA members in good standing.
- For more information, e-mail customerservice.tuscany@shaw.ca or call 403-241-6402.

October Events & Notices

Fall 2 Program: Registration Now Open!

Review the guide at www.tuscany-connect.com and register online through your account for the Fall 2 program session in November and December. For more information or for help registering, e-mail the Recreation Manager at clubprograms@shaw.ca. Your TRA offers programs for youth dance and sports, adult fitness and yoga, preschooler play hours, and so much more.

TRA Home Business Expo

This annual event is on Saturday, October 26 from 9:00 a.m. to 2:00 p.m. It is a great way for TRA members to showcase their home-based businesses to the community. Admission is free, so come in and check out some of the great products and services offered by local residents, get some samples, and enter to win prizes. Registration opened Monday, September 16 at the Tuscany Club and exhibit space is \$25, limit one per household. Contact clubprograms@shaw.ca to inquire about availability.

Great Pumpkin Giveaway

Join Kelly McKelvie and the whole McKelvie Group crew on Saturday, October 26 at 9:00 a.m. for their annual pumpkin giveaway in support of the Calgary Food Bank. Come to the Tuscany Club parking lot to swap your non-perishable food items for a Halloween pumpkin! Supplies may be limited.

Holiday Craft & Bake Sale

Registration for this sale opens on Monday, October 21 at 9:00 a.m. Sign-up is best done in person at the Tuscany Club. Tables are \$25 each, one per address and open to

continued on next page

Tuscany club

Community

Girl Guides



We are so excited to have begun the new Guiding year! We currently have over 350 girls registered in the programs in our district.

Girls participate in a variety of age-appropriate activities and outings, such as survival skills, camping, arts and crafts, science experiments, dancing, and lots more exciting things! We welcome any girls and women who are between the ages of 5 and 105 to join our organization. We are always looking for unit leaders, treasurers, unit helpers, camping advisors, etc., so if you interested, please let us know!

Units currently have camps, sleepovers, outings to a veterinary clinic, a trip to paint clay mugs, bake sales, and (of course) cookie-selling campaigns on the go. Look for us around the community at the beginning of October selling our mint chocolate cookies!



If you would like more information on our programs, please visit www.girlguides.ca. If you have any questions or concerns, please email sbvgirlguides@shaw.ca or call Lauren at 403-710-5775.

Halloween

Stingy Jack Behind Lantern Lore

When it comes to good tales, the Irish can't be beat. They even sorted out the origins of the Jack-o'-Lantern for us.

Stingy Jack was behind this Halloween icon. Old Jack was too mean to get into heaven, but he also couldn't enter hell because he had played too many tricks on the devil.

The sad outcome: he eternally wanders the fields and marshes carrying a lantern. The devil gave him a single ember to light his way. "Jack of the Lantern" inspired the Irish tradition of placing Jack-o'-Lanterns made of turnips and other vegetables in windows or doors at Halloween. Irish immigrants brought the tradition to the United States, where the plentiful pumpkin took on the role of lantern.

The mysterious light of Jack's lantern and those of other poor, lost souls continue to flicker in the darkness—at least one night a year.

- Jean Andrews, www.jackolanterns.net



Some people believe that if you see a spider on Halloween night, it is the spirit of a dead loved one who is watching you.

TRA members only. This event is the perfect way to sell those special holiday crafts, gifts, and treats. All items sold must be homemade or handcrafted by the vendor. This year's event is on Saturday, December 7 from 9:00 a.m. to 1:00 p.m.

Kids Halloween Party

October 31 from 4:30 p.m. to 6:00 p.m. Start the night at the Tuscany Club with a safe, fun, and free Halloween Party. Games, treats, crafts, slightly scary stuff, magic shows, and more. Fun for the whole family! TRA members only.

Dayhome Directory

The TRA publishes a dayhome directory that lists available daycare options within Tuscany. Any member is welcome to be listed in the directory and can do so by e-mailing their posting to clubprograms@shaw.ca. Looking for a dayhome? Check the listings at www.tuscany-connect.com or pick up a copy at the Tuscany Club office.

Community Concerns & Maintenance

The condition of amenities in the community is a priority for the TRA. Of course, we also welcome the assistance of residents in identifying outstanding issues or problems. If you are out and about in the community and notice something (e.g., broken fence panels, vandalism, etc.), please feel free to notify the TRA at 403-241-6402, and we will address the issue as quickly as possible.

Contact the Recreation Manager at clubprograms@shaw.ca for more information on any TRA programs and events.

In Our City

Halloween Safety

As October 31 approaches, Alberta Health Services Emergency Medical Services would like to remind parents and trick-or-treaters of some basic Halloween safety tips. As a member of the *Calgary's Child Magazine*, *Partners for Safety*, ambulances, along with Calgary police, fire, bylaw, transit, and Shaw Cable vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters:

- Remember: all regular pedestrian rules still apply. Be sure to cross a street at marked crosswalks or well lit corners only. It is safest to work your way up one side of the street and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, and do not enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

Parents:

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with or that are not properly wrapped.

Costumes:

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with

a flashlight for additional safety and increased visibility.

- When purchasing or making costumes, look for materials and accessories that are labelled flame resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may

impair breathing or vision.

- Ensure costumes are loose enough to be worn over warm clothing—but not so baggy or long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

- Alberta Health Services

A Flash of White in the Forest

The most abundant large mammal in North America is also the smallest of its family: the white-tailed deer. On average, bucks weigh 300 lbs and does 130 lbs. They occur from southern Canada to northern South America and usually inhabit fields and meadows near forests, which they use for shade and protection. White-tailed deer are primarily nocturnal and will usually forage for food at dawn, dusk, and throughout the night. They are herbivores and can eat almost any type of vegetation from leaves to twigs to fungi, thanks to their four-compartment stomachs.

In summer, white-tailed deer are reddish brown. In winter, their coats become thicker and turn a duller grayish brown. However, year round they have markings that remain white, like the characteristic white underside of their tails. They hold their fluffy tails upright and flick them side to side while running to serve as a warning for other deer and as a mark for their young to follow.

Despite their relatively small size, these deer can run up to 48 km/h and jump up to 10 ft high and 30 ft long in order to escape their predators, such as bobcats, mountain lions, coyotes, wolves, and bears. White-tailed deer spread scent



Picture courtesy
Andrea Hunt

from their many external scent glands to communicate things like social status, breeding condition, health, and to warn others of danger.

In Alberta, the mating season, or rut, is in November. During the rut, bucks will battle using their antlers for the right to mate. Does give birth to one or two fawns in the springtime. A fact worth noting about white-tailed deer is that they will leave their reddish-brown, spotted fawns alone for hours at a time. The fawns have very little scent, and their white spots act as camouflage, so they are safer when left alone. The does return a few times a day to feed them.

If you find an injured white-tailed deer or other wild animal, please contact the Calgary Wildlife Rehabilitation Society (CWRS) at 403-239-2488.

- Alicia Sully, CWRS

In Our City

NW LRT Extension

Royal Oak/Rocky Ridge and Tuscany Project Update: October 2013

See How Far We Have Progressed

Please visit www.calgary.ca/nwlrt, under “Related Photos,” and view the first two pictures in the slide show—one is an aerial view from August 2012 and one is an aerial view from July 2013. What a difference a year makes!

Roundabout Design Change

A roundabout at the exit to the Tuscany Park and Ride was proposed as part of the original design for the NW LRT extension. During the final design stages, it was determined that site conditions did not allow for an acceptable roundabout design.

Because of steep grades in this area, the project team made the decision to reconsider the proposed roundabout and replace it with a two-way stop. This solution offers significant cost savings while still providing similar traffic operations. An amber beacon is planned at the crossing to alert drivers of pedestrians in the area.

Eamon’s Building and Sign Update

As per the recommendations approved at Council in July, Transportation Infrastructure will install the building services in the Park and Ride lot in case the Eamon’s building is returned to the site in the future. The City will continue to store the building. If it is not leased by the time the CTrain extension opens, Administration will return to Council for further direction on the disposition of the building. The sign is being refurbished and will be returned to the site as per the original design.

Park and Ride Construction Has Begun

Construction on the Park and Rides began in July 2013. Residents can expect to see more construction traffic in the community as construction gets underway.

The City of Calgary works with its contractors to ensure impacts, such as dust, noise, and other disruptions to the community, are kept to a minimum. Impacted residents will be advised of any new construction or changes that will affect them. Please call 311 if you have a concern about any construction-related impacts.

Tuscany Station and Other Construction

Construction of the new station is planned to be complete by the fall, with work continuing on electrical, signage,

communications, and other systems to prepare it for service in fall 2014. Tuscany Station is on track to open for transit use in fall 2014.

Crews will continue to access the median for construction purposes via the closed lanes adjacent to the CTrain Right-of-Way on Crowchild. Traffic speed will continue to be reduced to 60 km/h in this section for safety reasons as construction vehicles move in and out of this area. This speed reduction will stay in place until at least spring 2014 because of ongoing construction activity.

All up-to-date project information on construction and the project is posted at www.calgary.ca/nwlrt, including a time-lapse video of the pedestrian bridge installation.



In Our City

Flood Task Force Report

Flood service requests (3-1-1) are tracked for power or gas repair, and information and assistance, as well as new garbage and recycling bins.

According to a report from the City's Flood Recovery Task Force, the impact of the flood will affect both current and future capital budgets.

A list of recovery projects will be identified for the November 2013 budget and ranked in the 2015–2018 business plan. These pertain to infrastructure assessment, flood mitigation, and resiliency.

On a preliminary list, there was a \$147 million request from the Province's Disaster Recovery Program. Estimated

costs covered by insurance are \$166 million. An advance received from insurance was \$50 million.

After the 2013 summer flood, the City looked at recovery plans from Alberta, British Columbia, Manitoba, Australia, and New Zealand. An external expert advisory panel will review flood issues and make recommendations by spring 2014.

The City faces public health and safety issues, waste disposal, stabilizing riverbanks, and alternate housing. Damage was done to parks, pathways, riverbanks, the Municipal Building, roadways, and bridges. Environmental impacts will be assessed.

- Anne Burke

Low Income and Senior Transit Passes

City administration was asked to explore changes to the Senior Transit Pass Program, the yearly seniors' passes, and the fares for monthly low-income transit passes (LITP), with a report back to a Council committee by November 2013.

Council directed Administration to study both seniors' bus passes, including but not limited to

- the basis for the discount
- a needs- and ability-based criterion
- peak versus off-peak pricing
- a stepped rate based on income, age, or both

Some of the suggestions are to

- change the eligibility for monthly LITP from 87.5% in 2013 to 100% Low Income Cut Off (LICO) in 2014
- increase the monthly LITP fare from \$44 in 2013 to \$48 in 2014

- increase the yearly senior regular transit pass from \$95 to \$150 per year

The results for the City's potential revenue loss if all those eligible apply are

- 2014 Adult : 87.5% to 100% LICO = \$2.8 million
- 2014 Youth: 100% LICO = \$0.5 million

City staff recommended that Council direct them to

- review regular and low-income senior transit passes with the Calgary Transit Fare Structure Review, due February 2014
- align the Fare Structure Review report with the Fair Calgary Policy update report, due December 2013

- Anne Burke

Riding Bicycles through the Cold Season

The leaves have turned, the days are getting shorter, and the mornings feel a little chillier. It's that time of year when many people put their bicycles away until spring. You needn't, though—with a bit of preparation you can continue to ride your bike through much of the cold season.

As long as roads aren't snowy or icy and temperatures don't fall too far below zero, cycling isn't much different than walking: you'll just need a warm jacket, hat, and gloves. Everyone knows the blustery days when it gets to be -30 degrees outside, but in truth, there aren't very many of them! Thanks to our chinook winds, Calgary regularly experiences above-zero temperatures, with dry roads and pathways, even in the deep of winter.

Join thousands of Calgarians who ride their bicycles year round. You might not want to do it every day, but whenever the weather is comfortable to be walking, you can also be comfortable riding. Continue to enjoy the health benefits of cycling by riding to work, school, or for fun during the cold season.

Winter weather doesn't keep Calgarians off the ski slopes and cross-country trails, and it needn't keep them off the bike paths either. Proper winter equipment and clothing are important, and depending on your level of comfort and commitment, you might consider adapting your bike for riding on snowy and icy roads and paths. To learn more about winter cycling in Calgary, visit bikecalgary.org/winterriding.

In Our City

The City Seeks Input on the Future of Multi-Family Waste Diversion

Whether you live in a single-family home or a multi-family residence, such as an apartment, condominium, or townhouse, diverting your waste through recycling and composting is essential to reduce Calgary's dependency on landfills.

Why does The City not provide recycling for multi-family dwellings?

While in the planning stages for Blue Cart recycling, City Council directed Waste & Recycling Services to not collect recyclables from multi-family residences, provided we are on track to divert 80% of waste from landfills by 2020.

I live in a multi-family dwelling.

What are my current options for recycling?

There are options available that enable all Calgarians the opportunity to

recycle a variety of materials.

- The City maintains approximately four dozen community recycling depots throughout Calgary. Most residents don't need to go very far to access their neighbourhood depot 24 hours a day, seven days a week.
- There are private companies that provide recycling services to multi-family complexes. To find private service providers, visit www.recyclinghotline.ca.

What about the future of waste diversion for multi-family dwellings?

Following further direction from Council in early 2011, Waste & Recycling Services will report back to Council no later than February 2014 with recommendations for a multi-family waste-diversion strategy that considers partnerships with the private sector.

Stantec Consulting Ltd. has been hired to connect with industry stakeholders and residents to gather feedback and develop strategy options. They are conducting an online survey to learn about your current waste management habits and thoughts on the future of multi-family waste diversion. All Calgarians are welcome to complete the survey by November 2, 2012.

Results of the survey, along with all other feedback gathered by Stantec, will be used to develop potential strategies that will be presented to stakeholders for further input into the development of the recommended option.

To take the survey or to learn more about the multi-family engagement project, please visit Calgary.ca/multifamilyrecycling.

Recognize a Volunteer

The Federation of Calgary Communities is excited to announce that we are now accepting nominations for the 2013 Community Volunteer Awards! There are 20,000 volunteers in the community association movement here in Calgary; help us recognize one from your community!

No matter the kind of volunteer, there is an award to recognize their time and achievements. Nominate your most deserving community volunteer today and help celebrate Calgary's 20,000 community association volunteers! There are four different awards

to choose from when nominating someone:

- The Step Up Award
- The Spark Award
- The Be Part of It Group Award
- The Community Builder Award

Please visit www.calgarycommunities.com for detailed descriptions of the four awards and the nomination form. The deadline to nominate someone for a 2013 Community Volunteer Award is November 1, 2013.

The winners will be presented with their award at our volunteer

recognition celebration in December. If you have any questions, please contact Rebecca Dakin with The Federation at communityrelations@calgarycommunities.com or at 403-244-4111 ext. 204.



In Our City

Licensing Your Cat or Dog

The first step towards responsible pet ownership is to license your cat or dog. Here are five things every Calgarian should know about pet licensing:

1. Your cat or dog's licence is his ticket home! Licensing your pet provides Animal & Bylaw Services with the information needed to reunite you with your pet should he ever become lost. A licence tag also tells people who may find your cat or dog that the animal is owned and that they should turn him in to Animal & Bylaw Services.

2. Licensing your cat or dog is the law! Under the Responsible Pet Ownership Bylaw 23M2006, by three months of age, all cats and dogs residing in Calgary must be licensed with The City of Calgary Animal & Bylaw Services. The penalty for an unlicensed cat or dog is \$250.

3. Cat and dog licences must be renewed annually! A one-year licence costs:

- \$15 for altered cats and kittens (up to six months old)
- \$30 for unaltered cats
- \$36 for altered dogs and puppies (up to six months old)
- \$58 for unaltered dogs

4. Your licence fees, not tax dollars, fund our Animal Services operations! Your fees allow us to:

- Return lost cats and dogs to their owners and enforce the Responsible Pet Ownership Bylaw.
- Deliver school programs and educate animal owners about responsible pet ownership.
- Feed and shelter lost cats and dogs at the Animal Services Centre.

- Operate a state-of-the-art veterinary clinic to provide care for adoptable cats and dogs.
- Operate our animal adoption and volunteer animal socialization programs.
- Provide emergency medical care for lost cats and dogs that are injured.
- Help neighbours resolve animal-related conflicts.
- Provide free spay or neuter surgeries for the cats and dogs of low-income Calgarians.

5. Purchasing and renewing a cat or dog licence is easy! You can purchase or renew a licence online (calgary.ca/

[petlicences](http://calgary.ca/petlicences)), by phone (3-1-1), or in person at the Animal Services Centre (2201 Portland Street S.E.).

Thank you to all Calgarians who license their cats and dogs every year! Your commitment to responsible pet ownership helps us to create healthy, safe, and vibrant communities for people and their pets.

For more information about pet licensing and the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices.

- Animal & Bylaw Services

Fostering Safe Communities

Fall is the time of year when many Calgarians are busy preparing their homes and yards for the winter months ahead. Here are some things to keep in mind during your fall cleanup:

- Under the Community Standards Bylaw, it is illegal to burn leaves and yard waste. Check calgary.ca for leaf drop-off locations.
- Tree branches may be disposed of with your household garbage. All tree branch trimmings left out for waste collection must be packaged in plastic garbage bags, tied in bundles, or placed in your black or green bin for collection. Bundles can be no more than 1.25 metres in length and must weigh less than 20 kg each. Bundles should be put out for collection on your regularly scheduled collection date and must be placed at least 0.3 m (1 foot) from your blue, black, or green bins.

- According to the Drainage Bylaw, water from a hot tub or pool can't be drained into the storm drainage system that channels water into our rivers. Instead, this water should be drained into the wastewater drain located in the basement of your home.
- Hazardous materials, such as gasoline, motor oil, and paint, cannot be disposed of with your household garbage. Visit calgary.ca to find a list of Throw 'n' Go locations and fire stations with special storage depots for proper disposal of these materials.



Have a safe fall season, and thank you for helping us build safe and vibrant communities!

- Animal & Bylaw Services

In Our City

Bowness Library

Programs for Adults

- **Work Search With the Internet:** Oct. 5, 1:00 p.m. – 4:00 p.m.
- **Protecting Seniors From Fraud:** Oct. 17, 2:00 p.m. – 3:30 p.m.
- **ESL Conversation Club:** Wed., Oct. 23 – Dec. 11, 6:30 p.m. – 8:30 p.m..
- **Alfred Hitchcock: Master of Suspense:** Oct. 24, 2:00 p.m. – 3:30 p.m.
- **Podplays: Downloadable Art for Your Ears:** Oct. 27, 2:00 p.m. – 3:30 p.m.
- **Law at Your Library: Self-Representation and Navigation of the Court System:** Oct. 28, 7:00 p.m. – 8:30 p.m.
- **Rock 'n' Fossil Road Show with the Calgary Science Network:** Oct. 19, 11:00 a.m. – 3:00 p.m.

Programs for Kids

- **Baby Bookworms:** Thurs., Oct. 10 – Nov. 14, 10:15 a.m. – 11:00 a.m. Ages 6 – 23 months with a parent or caregiver.
- **Thank you for Thanksgiving!** Oct. 11, 10:15 a.m. – 10:45 a.m. Ages 2 – 5 with a parent or caregiver.
- **Reading Buddies:** Mon., Oct. 21 – Dec. 9, 4:30 p.m. – 5:45 p.m. For readers who have completed grades 1 through 3.
- **Wiggle, Giggle, Boo!** Oct. 25, 10:15 a.m. – 10:45 a.m. Ages 2 – 5 with a parent or caregiver.

Register online at calgarypubliclibrary.com or by calling 403-260-2620.

Crowfoot Library

Programs for Adults

- **Guerilla Travel:** Oct. 2, 7:00 p.m. – 8:30 p.m.
- **Happy Tenth Birthday Crowfoot Library!** Oct. 4, 2:00 p.m. – 4:00 p.m.

- **Antarctica: A Travel Slide Show:** Oct. 9, 7:00 p.m. – 8:30 p.m.
- **Titanic: Myths and Mysteries:** Oct. 12, 2:00 – 3:30 p.m..
- **Career Basics: Moving Forward – Mid-life Career Change:** Oct. 16, 6:30 p.m. – 8:30 p.m.
- **Travel Tips for Budget-Conscious Travellers:** Oct. 23, 7:00 – 8:30 p.m.

Programs for Youth

- **Family Happy Tenth Birthday Crowfoot Library!** Oct. 5, 10:30 a.m. – 4:00 p.m.
- **Falling Leaves:** Oct. 6, 1:00 p.m. – 1:30 p.m. Ages 2 – 5 with a caregiver.
- **Turkey Tales:** Oct. 7, 2:15 p.m. – 2:45 p.m. Ages 3 – 5 independent of a caregiver.
- **Thank-you for Thanksgiving:** Oct. 9, 2:15 p.m. – 2:45 p.m. Ages 2 – 5 with a caregiver.
- **Bored-No-More Games – Zombie Apocalypse:** Oct. 10, 3:45 p.m. – 5:45 p.m. Ages 13 – 17.
- **Are You Game? – Teen Gaming Tournament:** Oct. 13, 1:00 p.m. – 3:00 p.m. Ages 13 – 17.
- **Wiggle, Giggle, Boo!** Oct. 27, 1:30 p.m. – 2:00 p.m. Ages 2 – 5 with caregiver.
- **Little Ghosties:** Oct. 30, 2:15 p.m. – 2:45 p.m. Ages 3 – 5.
- **Spine-Tingling Tales:** Oct. 30, 7:00 p.m. – 7:30 p.m. Ages 9 – 12.

October 2013 Book Recommendations

Death on the Nile, by Agatha Christie

What could be better than a honeymoon boat trip on the river Nile? The newly married couple join the other passengers on board, who all have their own secret reasons for making the trip. Of course, Hercule Poirot, the famous Belgian detective, is also vacationing on the boat

and finds himself having to solve two murder cases. This novel is one of the most cleverly plotted of Agatha Christie's works and is a great place to start if you have never read any of these masterful and readable mysteries. It combines a superb plot with engaging characters in an accurately exotic setting of an old river steamer. There is also a secondary love story that adds interest and provides a plot twist. A backdrop of Egyptian history and landscape, based on Christie's own travels, evokes a strong sense of place.

Infidel, by Ayaan Hirsi Ali

In this profoundly affecting memoir, Ayaan Hirsi Ali tells her astonishing life story, from her traditional Muslim childhood in Somalia, Saudi Arabia, and Kenya, to her intellectual awakening and activism in the Netherlands and her current life under armed guard in the West. In a measured and often ironic voice, Hirsi Ali recounts the evolution of her beliefs, her ironclad will, and her extraordinary resolve to fight injustice done in the name of religion. She survived civil war, female mutilation, brutal beatings, adolescence as a devout believer during the rise of the Muslim Brotherhood, and life in four troubled, unstable countries largely ruled by despots. In her early twenties, she escaped from a forced marriage and sought asylum in the Netherlands, where she earned a college degree in political science, tried to help her tragically depressed sister adjust to the West, and fought for the rights of Muslim immigrant women and the reform of Islam as a member of Parliament. Even though she is under constant threat—demonized by reactionary Islamists and politicians, disowned by her father, and expelled from her family and clan—she refuses to be silenced.

"There is a kind of beauty in imperfection."

Conrad Hall

In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

Calgary Gem and Mineral Show: Oct. 4 – 6, Calgary Chinese Cultural Centre. Annual gem, rock, mineral, fossil and jewellery show and sale. Door prizes, demonstrations and more. www.calgarygemshow.com

ScreamFest: Oct. 4 – 31, Canada Olympic Park. Features a FestEvil tent, four haunted houses, a Zombie Town maze and a lot of screams and thrills. www.screamfest.ca

Helping Families Art Exhibit: Oct. 4, 7:00 p.m., Marda Loop Communities Centre. Art sold on a first come, first served basis. Tickets include appetizers and live music by The Doll Sisters. www.helpingfamilieshandlecancer

Harvest Pumpkin Hunts: Oct. 5 – 27, Butterfield Acres Children's Farm. Features a pumpkin hunt and pumpkin decorating. Children can also visit with the animals in the farmyard. www.butterfieldacres.com

Light the Night Calgary: Oct. 5, Eau Claire. A twilight walk where participants carry illuminated balloons to commemorate and celebrate lives touched by cancer. In support of the Leukemia & Lymphoma Society of Canada. www.lightthenight.ca/ab

Heritage Park Thanksgiving Thank You Weekend: Oct. 12 – 14, Heritage Park Historical Village. Your last chance to enjoy the attractions for the season. The first 500 guests between 9:30 a.m. – 10:30 a.m. will be treated to a free pancake breakfast. www.heritagepark.ca

Investors Group Thanksgiving Memory Walk/Run: Oct. 13, Eau Claire. A 5K Walk, 5K Run and 10K

Run featuring plenty of great prizes. In support of the Alzheimer Society of Calgary. www.alzheimercalgary.com

WordFest—International Writers Festival: Oct. 14 – 20, various venues. Authors read from their works in a celebration of the spoken and written word. www.wordfest.com

Calgary Stampede Cutting Horse Futurity: Oct. 16 – 20, Stampede Corral. Cutting horse competition focused on Futurity classes—those limited to 3 year old horses. More than \$300,000 in cash and awards. ag.calgarystampede.com

Harvest Classic Tournament: Oct 17 – 20, Spruce Meadows. Experience a horse jumping competition up-close and in the indoor comfort of the Equi-Plex. www.sprucemeadows.com

Rocky Mountain Food & Wine Festival: Oct. 18 – 19, BMO Centre. Enjoy samples of international wines, port, scotch, liqueurs, beer, spirits, as well as delicious food samples. www.rockymountainwine.com

Calgary Tattoo & Arts Festival: Oct. 18 – 20, BMO Centre. All things related to and associated with tattoo culture including choppers, fashion, hotrods and more. Over 100 artists from across the world will be present. www.calgarytattoos.com

Calgary Baby & Tot Show: Oct. 19 – 20, BMO Centre. A wide variety of exhibitors showcasing products and services for parents and kids. www.calgarybabyshow.ca

The Gorilla Run: Oct. 20, Glenmore Reservoir. A fun way to contribute

to the conservation of primates and Canadian wildlife. In support of the Calgary Zoo. gorillarun.com/about

Ghouls Night Out: Oct. 24 – 27, Heritage Park Historic Village. Perfect for families with little ghouls, aged three to nine, who are looking for a fun, safe night out. www.heritagepark.ca

Calgary Woman's Show: Oct. 26 – 27, BMO Centre. Features guest celebrities, seminars, product exhibits, demonstrations, competitions and more. www.calgarywomansshow.com

The 50 Plus Living Show: Nov. 2 – 3, BMO Centre. A one stop shop for information, resources, products, fun and services for Baby Boomers & Seniors. www.50pluslivingshow.com

A Sampling of Concerts

- **Hanson Anthem World Tour:** Oct. 5, Deerfoot Inn & Casino
- **Jason Aldean:** Oct. 5, Scotiabank Saddledome
- **Sarah Brightman:** Oct. 21, Scotiabank Saddledome
- **Loretta Lynn:** Oct. 23, Southern Alberta Jubilee
- **Brad Paisley:** Oct. 25, Scotiabank Saddledome
- **Jethro Tull's Ian Anderson:** Oct. 25, Southern Alberta Jubilee
- **Leon Russell:** Nov. 9, Deerfoot Inn & Casino
- **Nine Inch Nails:** Nov. 25, Scotiabank Saddledome
- **Pearl Jam:** Dec. 2, Scotiabank Saddledome

Thanksgiving

A Farm Spin on Thanksgiving Crafts

Making Thanksgiving crafts can be fun, but the activity can also provide a unique learning opportunity for your kids or grandchildren.

So many kids don't really know where our fruits, vegetables or meats come from. Why not have this year's craft creations focus on how our foods are grown and raised?

Hundreds of children's craft sites have

farm colouring pages. Or take out your kid's little plastic farm animals and talk about what foods the animals provide us—from milk and eggs to turkey and hot dogs, and what foods we will have for our Thanksgiving meal.

You can even enjoy the crafts at the Thanksgiving celebration—providing a new meaning for the feast.

- Jean Andrews

Gifts from The Land for Your Perfect Thanksgiving Feast

Rural Canada is famous for producing some of the most delicious food on the planet. From tasty vegetables to crisp apples and impressive beef, the quality is in the process. But with most of us knowing little about farming these days, perhaps we could benefit from some understanding of that process. Just what does it take to put quality into the foods that grace our Thanksgiving table?

Take roast beef for example: it all starts with good cattle—good genes are key to good beef from the get-go. Canadian, and Alberta, cattle breeds are a hearty lot—well-suited for our varied climate of harsh winters and hot summers. Canada has cattle of all colours—about 30 breeds and cross breeds. The BIG 5 are: Angus, Charolais, Hereford, Simmental and Limousin.

And caring for cattle has much to do with quality beef as well. Cattle rancher Bill Sheard sums it up: “Cattle need to be happy and healthy. Like humans, stress on an animal affects their physical



and mental health and that ultimately affects the quality of the beef.”

And of course, what cattle eat ultimately affects the beef on your table. Bill raises cattle to maturity on a diet of corn, hay and forage that he mainly grows himself. He works with a nutritionist to develop the perfect blend to support cattle growth, health and ultimately produce consistent flavourful and tender beef.

As Canadians we have much to be thankful for. As we sit down to our bountiful feast this Thanksgiving, let's take a moment to acknowledge the good work and process that went into getting it to your table.

- News Canada, www.beefinfo.org

Get Stuffed without Bread

It seems that more and more people are trying to avoid gluten.



They either have sensitivities to gluten, such as those with celiac conditions, or want to avoid it for various other reasons. But avoiding gluten doesn't mean your Thanksgiving turkey dinner needs to go without stuffing.

Sure you can't do your regular bread stuffing, but there are many options—with rice being a no-fail one.

I recently tried—for the first time—a rice stuffing, and I may never go back to the traditional bread stuffing. I cooked a blend of wild rice according to directions. As I had a relatively small turkey, I only needed two cups of cooked rice.

Once the rice was cooled, I stirred in sautéed celery, onions, mushrooms and green and red peppers. I added our favourite herbs for seasoning (parsley, basil and sage), along with salt and pepper. I left all of this overnight in the refrigerator, and stuffed the turkey as usual (yes, I still like stuffing inside the bird) just before cooking.

The flavour of this stuffing was simply outstanding. The wild rice gives a "nutty" flavour, and the sautéed vegetables gave lots of interesting texture and crunch.

Whether you are worried about gluten or not, I think you and your family will like this break from tradition.

- Jean Andrews

Your Family

Parenting Your Preschooler

Separation Anxiety

There is a reason why I am writing this article in October instead of in September when separation anxiety is a real issue for preschool children and parents. Whether your child began preschool, junior kindergarten, kindergarten, or grade one, that first day tugs at a parent's heart even if your child is excited about the new adventure. That first day is a milestone moment that your "baby" is growing up. On one hand, parents are very proud that their child is growing, developing, and taking the next step toward independence. The parent's job is to raise their children, from tiny beings who are totally dependent for their every need to individuals who are able to provide for themselves, live independently, be contributing members of society, and even become parents themselves with another tiny being entirely dependent on them. Although parents know this, they often feel a small sense of loss that their children no longer need them in the same way as they did before. However, it is a parent's job to celebrate each step toward independence, whether it be walking, talking, preschool, high school, that first job, or moving out, and to cheer their children's accomplishments. Parents remind themselves that the purpose of successful parenting is to work one's self out of a job.

Now that the first day of preschool or kindergarten is seen through the rear-view mirror, parents may have expressed the sense of loss by shedding a small tear once the preschool or kindergarten door closes, separating them from their child. By October, parents are past the sense



of loss and are now excited that their child is growing in new ways. They realize that the parent-child relationship changes from adult-infant along the continuum to adult-adult and even senior-adult.

I came across this poem in September, but I knew if I published it right away, I would see many parents hovering outside our preschool door. At this time of year, parents are better able to look back and appreciate that next step. Although the words are simple and my children are in their twenties, I can get misty-eyed reading this little poem and recalling those "firsts." In fact, I know my mother still feels this way about me. There will always be little smiles of pride mixed with parental concern no matter how old you are.

*I wonder what you're doing right now,
And if everyone is treating you kind.
I hope there is a special person,
A nice friend that you can find.*

I wonder if the teacher knows

*Just how special you are to me.
And if the brightness of your heart
Is something she can see.*

*I wonder if you are thinking about me,
And if you need a hug.
I already miss the sound of your voice
And how you give my leg a tug.*

*I wonder if you could possibly
understand
How hard it is for me to let you grow.
On this day know that my heart
breaks,
For this is the first step in letting my
baby go.*

- Author unknown

(Oh, I should add that, yes, your preschool teacher does understand how precious your child is to you. By October, she is getting to know and falling in love with your little one, too. Her turn to experience a little twinge of loss will be at the end of June as your child is moving on to kindergarten.)

- Betty Ann Chandler, B. Ed.

Your Family

Get Organized for School

Getting your family prepared and organized for school can help save time, money and stress. Here are some tips from Hellen Buttigieg, certified professional organizer:

- **Cut the clutter**—With school supplies, clothing, and endless amounts of homework streaming into the house, take a moment to purge items that you no longer want or need. Take donations to charity (or establish hand-me-downs), and enjoy the newfound space in your home.
- **Plan before you shop**—Make a list before you embark on your shopping trips. Take an afternoon to assess each child's clothing needs.
- **Label belongings**—Labelling your child's belongings, whether it's lunch boxes, school supplies, or clothing,

using a label maker like Brother P-Touch label makers is one of the most simple and effective ways to stay organized and minimize lost, stolen, or mixed up items.

- **Prevent paper pile-up**—Homework, permission slips and school newsletters can quickly lead to unorganized paper pile-up. Creating an easy-to-access space that organizes what is going in and out will help keep track of important forms to ensure they are not forgotten in the morning.
- **Keep a centralized calendar**—Displaying a centralized calendar in a high-frequency space, such as the kitchen, will help the family keep track of activities.

- News Canada, www.brother.ca,
www.weorganizeu.com

An Inviting Study Space

It's important for your child to have a special space in his or her room dedicated to schoolwork, says Sally Morse, director of creative services for window treatment supplier Hunter Douglas. You can use moldings, a screen, or even a curtain to separate the space from the rest of the room.

A closet may even be converted into a study area with storage transferred to an armoire or under-the-bed containers. Wherever the study area is, make sure it is equipped with a good work surface and outlets for a computer and task lamp.

Morse suggests taking a cue from your child's special interests to select

a theme for decorating their room and creating an inviting setting they'll look forward to spending time in. Some theme examples are ocean, animals, sports, gardens, or even stars and moonlight.

Be sure your child can sleep soundly with window treatments that block out the light and noise. And above all else, your child's room needs to be a safe haven. Use window guards and safety netting to help prevent falls, corner and edge bumpers to prevent injuries from sharp edges, outlet plugs to prevent electrical shocks, and cordless window coverings.

- News Canada, hunterdouglas.com

Newborn in the Fall?

Fall is a busy time of year for any family, between back-to-school, extracurricular activities, and one holiday after another. Add a newborn to the mix, and it can seem unmanageable.



Cindy Zizek, registered nurse, mom of two and Playtex spokesperson provides three tips for making day-to-day life more manageable:

- **Identify the usual time-wasting suspects in your life, and make a change.** As Zizek explains: "From negative relationships that bring you down to worrying about things that are out of your control, identifying unnecessary stressors and removing them from your life will provide you with peace of mind and let you gain back some precious moments every day."
- **Reserve some daily "me time."** "Refuel your batteries," Zizek says. "When you feel drained, you have little to give to your family or to yourself. Wake up extra early for some alone time, go for a walk or sneak in a chapter of a novel while baby naps."
- **Asking for help benefits everyone.** "Contrary to what many parents fear, asking for help isn't a sign of weakness," says Zizek. "In fact, it shows that you identify what your family needs and brings you one step closer to achieving it."

- News Canada, www.mommyville.ca

Your Family

Be a Reading Role-Model



Does your child, grandchild or other little-person in your life love reading and think there is nothing finer

than to escape into a book? Or perhaps they need to be coaxed into any sort of reading? Help your child become a more confident and joyful reader and turn that reluctant reader into a voracious book-fiend. By sharing your joy of reading, you can encourage your child to pick up this healthy habit. Here are a few simple tips:

- **Be a role model.** Most kids see their parents reading on screens all day long, and mom and dad don't read

books or newspapers when the kids are around. Instead, get caught reading and talking about what you have read. Don't wait until after bedtime!

- **Read aloud together and discuss the book.** Ask questions about it.
- **Have a weekly Screen-Free Day (SFD), where books and magazines replace computers and televisions.** Make sure to have lots of enticing books and perhaps a few new magazines or comic books for SFD. Don't forget to turn off your own screens.
- **Make your local library a regular destination.** For fun, try a different

library than usual to see what's different. Make sure everybody gets to pick some materials to take home.

- **Tell your child what your favourite book was when you were their age.** Read that book together if you can.
- **Make books a really big deal.** Put your favourites on the fireplace mantle, or use the pretty ones as centerpieces on the table. Give gorgeous hardcovers or boxed sets as gifts and write a personal note inside. If you show that books are special, kids will think so, too.

- *Calgary Reads*



Suburban Journals
PUBLISHING

make an impression

www.SuburbanJournals.ca

Your Health

Probiotics Can Deliver Unexpected Health Benefits

New research reveals that probiotics—or “good” bacteria—are capable of doing much more than just promoting digestive health. Canadian-based research shows that bacteria also play a key role in maintaining a healthy cholesterol balance.

There are hundreds of strains of probiotics, each with their own unique benefits. For example, *Lactobacillus reuteri* NCIMB 30242 is a specific patented strain that has been clinically proven to reduce LDL (“bad”)

cholesterol. Now available in Canada and the United States in a small, easy-to-swallow capsule called Cardioviva, this “good” bacteria can work with the gut to help maintain healthy cholesterol levels. According to researchers, it can help to reduce both the amount of cholesterol the body produces and the amount of cholesterol we absorb from food. Most recently, clinical research has also shown that Cardioviva can increase Vitamin D levels by up to 25%.

- News Canada

Mothers with Arthritis Get Help with 3 Ps of Parenting

Arthritis, a condition that causes painful inflammation in the joints and one that may limit mobility, affects 2.8 million women in Canada. It's not just a disease of the old—it can strike a woman in the prime of her life, before or even during pregnancy.

It is important that women experiencing symptoms, such as joint stiffness, swelling or inflammation, get screened early. Shoppers Drug Mart, in conjunction with the Arthritis Consumer Experts and Arthritis Research Centre of Canada, has developed the first and only arthritis screening designed to detect arthritis and help better manage the condition day-to-day.

The *3 Ps of Parenting* can help women with arthritis enjoy the rewards of motherhood:

- **Prepare:** For school-aged children,

preparation the night before, like packing lunches, laying out school clothes and setting out school bags, can help ease the stress. For mothers with babies, when preparing for diaper changes make sure to adjust the table to a comfortable height, where you do not have to bend, over-using sore or stiff joints.

- **Pace:** Think about ways to pace yourself and conserve your energy. Focus on what really matters to you and delegate the rest. Adapt your activities to your abilities. Instead of skiing, play a board game, take a walk or go to the movies with your child.
- **Positive:** Maintain a positive attitude in front of your children. Avoid thinking of requests for assistance as burdening them.

- News Canada,

www.shoppersdrugmart.ca

Communicate with Your Healthcare Team

If you have cancer, effective communication with your healthcare team can help you better understand the treatment process, possible side effects, and when to report symptoms.

“You receive an overwhelming amount of information when you're first diagnosed,” said Juliette Inglis, a breast cancer survivor living in Alberta. “Throughout my journey, I learned that not only is education extremely important, but you also need to advocate for yourself and have an open dialogue with your healthcare team to ensure you receive the best possible care.”

While a cancer diagnosis itself can be very stressful, the side effects caused by chemotherapy treatment can be an additional cause for anxiety. Common side effects include hair loss, fatigue, appetite changes, and nausea; however, less visible side effects may also occur, and patients need to be educated on how best to prevent and manage them. For example, febrile neutropenia—marked by fever, a low white blood cell count, and often complicated by infection—can lead to hospitalization and affect your chemotherapy treatment plan.

“Knowledge can help you gain a sense of control in your treatment journey, so learning all you can about your cancer treatment and what side effects you might expect can make a tremendous difference,” said Dr. Sandy Sehdev, oncologist at William Osler Health Centre in Brampton, Ontario.

- News Canada, www.chemoready.ca

Your Money

How Recent CMHC Changes Affect Canadians



Over the past few years, the Canadian government has been taking several steps to encourage Canadians to reduce

their outstanding debt. The main way the government's been doing this is by restricting mortgage availability and making mortgages more expensive.

In August, Canada Mortgage and Housing Corporation (CMHC) announced a new policy that reflects the government's goal to reduce household debt. Unfortunately, this latest change may cause mortgage rates to rise yet again.

Here's how this change came about. Earlier this year, Ottawa announced it was limiting the amount of mortgage-backed securities it would guarantee in 2013 to \$85 billion. Mortgage-backed securities are pools of mortgages that lenders sell to investors. Since mortgage-backed securities are insured by CMHC, investors are willing to accept a lower rate of return, and lenders can pass on this lower rate to consumers in the form of lower mortgage rates.

Canadians are so hungry for low mortgage rates, by the end of July lenders had already used up \$66 billion of the \$85 billion annual limit on

mortgage-backed securities. This means lenders have to get through the rest of the year on a much reduced volume of low-cost lending funds. To make sure the remaining funds are shared equitably, CMHC is limiting each lender to \$350 million worth of mortgage-backed securities per month. This means lenders suddenly have far less low-cost mortgage funds available to pass on to consumers.

The good news for Canadians is that taxpayers are guaranteeing fewer mortgages and therefore are exposed to less risk. But the bad news for homebuyers and people refinancing their mortgages is that longer-term mortgage rates are likely to start creeping up.

- *Tania Discombe, AMP*



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Your Pets

Is a Grain-Free Diet Right for Your Pet?

The potential benefits of grain and gluten-free diets are a trendy topic of discussion in the grocery aisle today, but pet owners often have similar questions about whether these diets are right for their cat or dog.

Michele Dixon, a health and nutrition specialist with Petcurean, gives us some important facts before removing grains from your pet's diet:

- While food allergies can sometimes be related to a grain-based protein, such as corn or wheat, it is often a source of meat protein that causes the allergic reaction.
- If you suspect your pet has a specific

grain allergy, immediate elimination of all grains from your pet's diet is not necessary.

- Grains can be a quick and excellent source of highly digestible energy for your pet when they are ground and moderately cooked. Dogs and cats do not digest raw starches or whole grains very well.
- Pet owners, who are looking to eliminate grains from their pet's food as part of a low-carb diet should be aware that a grain-free diet doesn't necessarily mean it is low in carbohydrates. Other types of carbohydrates might be included in the recipe, such as potatoes, tapioca,



or peas. So knowing what to look for is very important to make sure your dog or cat is getting what they need.

- News Canada



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Your Home

Modern Kitchens Dazzle with Pops of Colour

Trend forecasters are showing that sleek and modern kitchens are expected to gain momentum in home updates for years to come. These tips are sure to add a pop to your kitchen reno:

Bold Accessories: Consider swapping out or adding some punchy accessories to brighten up your space. Try a glossy tray in a bold chartreuse. Hand towels are another accessory that can easily be changed out to incorporate a fun pattern or hue.

Ambient Lighting: Lighting is a relatively inexpensive way to incorporate some drama into your kitchen. If you're working with a



monotone space, consider emphasizing the eating area or even an island with multi-coloured lamp shades to add a spark of light. Pair this with a dimmer switch and you'll be able to manipulate how much mood lighting you're looking for.

Countertop Appliances: Consider purchasing items that boast a "fun" colour. Delta Faucet's newest Fuse

line incorporates a splash of colour in a contemporary styled, single-handle pull-down faucet.

Art Prints: Etsy.com is constantly updated with fun, clever, and endearing prints that are often specific to the kitchen. Not only are these prints affordable, they are often printed in standard sizing, making it easy to pair with frames. Consider a monogrammed print which will allow you to infuse a personal touch into your space. Whether you hang one print or create a collage, these small additions can add a bold accent to your kitchen.

- News Canada



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OCTOBER

2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Oct. 4-6 Calgary Gem and Mineral Show Calgary Chinese Cultural Centre www.calgarygemshow.com	5 Oct. 4-31 ScreamFest Canada Olympic Park www.screamfest.ca
6 Oct. 5-27 Harvest Pumpkin Hunts Butterfield Acres Children's Farm www.butterfieldacres.com	7	8	9	10	11	12 Oct. 12-14 Thanksgiving Thank You Weekend Heritage Park Historical Village www.heritagepark.ca
13 Investors Group Thanksgiving Memory Walk/Run Eau Claire www.alzheimercalgary.com	14 THANKSGIVING DAY	15 Oct. 14-20 WordFest International Writers Festival www.wordfest.com	16 Municipal Election Political Forum 7:00 p.m. Tuscany Club	17 Oct. 17-20 Harvest Classic Tournament Spruce Meadows www.sprucemeadows.com	18 Oct. 18-19 Rocky Mountain Food & Wine Festival BMO Centre rockymountainwine.com	19 Oct. 19-20 Calgary Baby & Tot Show BMO Centre www.calgarybabyshow.ca
20	21 Municipal Election	22	23	24 Oct. 24-27 Ghouls Night Out Heritage Park Historic Village www.heritagepark.ca	25	26 Great Pumpkin Giveaway 9:00 a.m. Tuscany Club Parking Lot TRA Home Business Expo 9:00 a.m. - 2:00 p.m. Tuscany Club
27 Oct. 26-27 Calgary Woman's Show BMO Centre calgarywomansshow.com	28	29	30	31 HALLOWEEN Kids Halloween Party 4:30 - 6:00 p.m. Tuscany Club (TRA Members)		